



### Product Spotlight: Pasta Shells

Pasta Shells are an iconic seashell-shaped pasta with a concave body ideal for scooping up thicker sauces and small bits of vegetables. Shells, known in Italy as conchiglioni, are a versatile pasta that shines in a variety of dishes.



## Pork and Ricotta Stuffed Pasta Shells

This dish may be a little more work than our usual Dinner Twist meals, but boy is it worth it! Large pasta shells filled with flavoured pork mince, baked in a tomato passata with baby spinach, ricotta cheese and crispy sage leaves.



45 minutes



4 servings



Pork

### Switch it up!

*Want to try the traditional method? Sauté prepared veggies until softened. Mix with raw pork mince, season well. Stuff mixture into cooked pasta shells and layer in an oven dish with spinach and passata. Top with ricotta and sage and bake, covered, for 20 minutes and 5 minutes uncovered until pork mince is cooked through.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	34g	67g

## FROM YOUR BOX

PASTA SHELLS	1 packet
BROWN ONION	1
GARLIC	2 cloves
BUTTERNUT PUMPKIN	1
PORK MINCE	500g
TOMATO PASSATA	1 jar
BABY SPINACH	120g
RICOTTA CHEESE	1 tub
SAGE	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano, dried chilli flakes (see notes)

## KEY UTENSILS

frypan, saucepan, oven dish

## NOTES

To speed up the preparation process, use a food processor with grater attachment to prepare the pumpkin (you can put the onion through there too!).

Omit chilli flakes if preferred.

To get extra serves from this meal, serve with some steamed green vegetables or a garden salad.

**No gluten option – pasta is replaced with GF pasta.**



### 1. COOK THE PASTA SHELLS

Set over to 220°C.

Bring a large saucepan of water to a boil. Add **pasta** and cook for 10 minutes or until al dente. Reserve **2 cup cooking liquid**. Drain pasta and rinse well with cold running water.



### 2. PREPARE THE INGREDIENTS

Dice **onion** and crush **garlic**. Grate **pumpkin** (see notes).



### 3. COOK THE FILLING

Heat a large frypan over medium-high heat with. Add **pork mince** and cook until beginning to brown. Add prepared vegetables and **2 tsp oregano**, sauté for 6–8 minutes until softened. Pour in **passata** and **spinach**. Mix to combine. Season to taste with **salt and pepper**.



### 4. TOSS THE PASTA SHELLS

Add a spoonful of the filling and **1 cup cooking liquid** to the base of an oven dish. Add **pasta shells** and pour in remaining filling and cooking liquid. Mix to combine until all shells are coated.



### 5. BAKE THE PASTA SHELLS

Mix **ricotta** with **1/2–1 tsp chilli flakes, salt and pepper**. Dollop over **pasta**. Add **sage leaves** and drizzle with **oil**. Bake for 5–10 minutes until edges are golden.



### 6. FINISH AND SERVE

Serve pasta bake tableside (see notes).

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